

FORGING THE FUTURE:



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Friday FACTS

3 February 2006

"Leadership, Partnership, and Championship"

Exercise Opportunities Available at NEHC Conference

Daily group exercise sessions will be available at the NEHC Conference. All sessions will be held from 6:30-7:15 am in the Hampton Roads Convention Center (enter main entrance, turn right, go to the end of the hallway).



March 20 Monday: Yoga for Health (Session # 25137): Instructor Janet Mano, a certified Yoga Fit Level 4 Instructor, will lead you through the basics of yoga in a precise, easy-to-follow manner. The session covers a full range of yoga postures and relaxation techniques. Learn and practice pose sequences that can combat office tension and form the foundation of your daily practice. Learn techniques that can be integrated into your daily life to energize your body, mind, and spirit.



March 21 Tuesday: Running Clinic and Cadence Call Formation – PT with the Marines! (Session # 25138): Learn basic guidelines for running safely and injury free, AND exercise with the Marines! Service men and women must develop and maintain levels of fitness for the physically demanding tasks they perform; however, the routine physical activity necessary to achieve and sustain fitness can result in training related injuries. Basic strategies for reducing the incidence of injury will be presented by Dan Trone, one of the Navy's leading musculoskeletal injury epidemiologists. A 25-minute cadence call formation will be instructed by an elite USMC Instructor.

March 22 Wednesday: The Aerobic Workout with Abdominal Sculpting (Session # 25139): A fun and action packed aerobic and abdominal workout led by instructor Jennifer Person, the Aerobic Workout combines fat-burning aerobic movements, muscle-building exercises, and stretching into routines that are performed to music. This class is designed to meet the needs of all fitness levels. Get a firm flat midsection with the best abdominal exercises. This session will showcase several abdominal techniques that will provide attendees with a super sculpting abdominal routine.



March 23 Thursday: Yoga for Health (Session # 25140): (Repeat of session offered on Monday, 20 March)



NIH News

NIH-funded Analysis Concludes Most Behaviors Preceding Major Causes of Preventable Death Have Begun By Young Adulthood

According to an NIH-funded analysis of the most comprehensive study of adolescent health behavior, by the time adolescents reach early adulthood, a large proportion of them have begun the poor practices contributing to the three leading causes of preventable death in the United States: smoking, overweight and obesity, and alcohol abuse. The analysis, conducted by researchers at the Carolina Population Center and the University of North Carolina at Chapel Hill, also found that significant health disparities exist between racial groups, and that Americans are less likely to have access to health care when they reach adulthood than they did during the teenage years. To read more about this analysis, go to: <http://www.nih.gov/news/pr/jan2006/nichd-11.htm>

NEHC Conference Poster Session Abstract Deadline Extended!

The deadline to submit an abstract for the Poster Session at the NEHC Conference has been extended to Tuesday, 7 February. Participating in the Poster Session at the conference is a great way to share information, experiences, and ideas about your projects, studies or research that you are doing at your command. Posters should focus on the theme of the conference, "Emerging Global Health Issues: Meeting the Challenge through Preventive Medicine". If interested, go to: <http://www-nehc.med.navy.mil/conference06/abstract.htm>

